MediChat – Your AI Health Buddy

Problem Statement:

In today's fast-paced world, people often neglect their health due to busy schedules and lack of awareness. There is also hesitation around openly discussing mental or physical health due to stigma or lack of resources. The idea was to create a comforting, accessible, and interactive virtual assistant that helps users track their mood, get AI-based health advice, and engage in uplifting activities.

Our Approach:

We wanted to build a user-friendly, supportive AI tool that combines health check-ins, mood journaling, and positivity boosters all in one place. The tool should be interactive and approachable, giving users a buddy-like experience rather than a clinical one.

We chose **Streamlit** as the frontend framework due to its simplicity and capability to create beautiful web applications with minimal effort. For the AI interaction, we used **Groq** with the **llama3-8b-8192 model** to handle chat-based responses. For semantic search, **Pinecone** was used to retrieve relevant content for better context understanding.

Why This Approach?

- **Accessibility**: Easy to deploy and access via browser.
- **Interactive UI**: Streamlit enables quick development of interactive features like chat, buttons, sliders, and tabs.
- **Human-like AI**: Groq with the LLaMA model provides friendly, casual responses for a more empathetic interaction.
- **Fast Search**: Pinecone enables fast and relevant content retrieval using vector search.

Features Overview:

The app is divided into three main interactive sections accessible from the sidebar:

1. **AI Companion**
    a. Acts like a friendly health buddy.
    b. Users can chat about symptoms, health queries, or just talk.
    c. AI gives friendly, casual responses with helpful tips.
    d. Uses Pinecone to provide contextually relevant responses.
2. **Mood Tracker + Journal**
    a. Lets users log their daily mood using emojis and optional notes.
    b. Stores daily entries and shows the last few logs.
    c. Basic sentiment logic detects mood from text inputs.
3. **Fun & Games**
    a. Includes mini-interactive wellness activities:
        i. Daily wellness challenge spinner.
        ii. Motivational quotes.
        iii. Compliment generator.
        iv. Hydration counter game.
        v. Breathing exercise steps.

Each section is designed to uplift users and promote daily healthy habits in an engaging way.

Tools & Technologies Used:

- **Streamlit**: UI and frontend logic.
- **Groq API**: AI model for chatbot responses.
- **Pinecone**: Vector database for semantic search.
- **Python Libraries**:
    - datetime for date handling
    - random for randomized facts, challenges, and quotes
    - requests for API support (if needed)

Access Instructions:

GitHub Repository:

The full source code, including setup instructions, is available on GitHub:

GitHub Link: https://github.com/KeerthisreeJ/-Tag-Team-

How to Use It:

1) Clone the repository:
    a) git clone **https://github.com/KeerthisreeJ/-Tag-Team-**
2) Install the required packages:
    a) pip install -r requirements.txt
3) Run the Streamlit app:
    a) Python –m streamlit run medichat.py
4) Open the browser at the shown localhost URL to start using MediChat.

Or You can just copy-paste the link in your browser

https://medichatai.streamlit.app/